

DISCOVER YOUR SHADOW

Empowering Healing Through Understanding

The Art of Being

Is it difficult to go against nature and the natural laws that govern our human existence on this earth? How does anyone feel into the boundaries of these and how do we even know that they exist at all?

These questions evoke a separation between the animalistic origins of mankind and the evolution of the moral principles that have slowly influenced the cultures of the separate communities as and when they have established throughout the different regions of the world. Albeit the foundations of these rules of human interactions have stemmed from our ancestors in different environments, they point towards a set of social constructs which go to normalise behaviours in community and group settings including families.

At its basic essence the natural laws for the animalistic origin of mankind centre on themes of survival, bonding, territory and ranking. These are the basic needs of humankind which are needed to feel safe and connected in an unpredictable world. In addition, part of the natural urges experienced early on in human life centres on sexual energy, which drives the attraction between humans, the need to connect deeply, explore ourselves through the other and achieve an experience which surpasses this mortal existence, if only temporary.

'Le petite mort' is a French expression referring to the brief loss or weakening of consciousness experienced during orgasm resulting in a temporary spiritual release. The release of being human in this physical form and subject to the natural laws that govern together with the temporary restrictions of social contracts and constructs which can limit the full potential of this human experience.

It is unsurprising that once the state of the 'Le petite mort' has been experienced that individuals begin to glimpse the portal available to remain in this liberated state as long as possible. To know ourselves without boundaries, as fully alive and naturally connected to all of life's experiences is a tonic on which we patiently wait to drink from this fountain as and when this 'grail' presents itself when glimpsed in our lives.

To some extent, the laws of nature and the morals of human existence are at opposites as water is to oil. The two cannot mix albeit they live in some level of harmony with each other with one floating above the other. It is always entertaining to watch a pet owner attempt to instil moral principles on their furry family member not wanting their cat to hunt and kill a bird or a dog a rabbit. Yet, as Maslow puts it, the basic needs of humankind must be met before any actualised states can be achieved. And so the morals of a human life float on an undercurrent of nature's laws.

A baby when born is in a state of bliss and of oneness. As their consciousness evolves and they become aware of their new environment with no boundaries experienced between themselves and the others around them they become subject to the laws of nature and in time will seek to master these in an attempt to re-experience it's originating unbounded state.

The self-actualised state, according to Maslow, is one of authenticity, self-acceptance including any flaws noticed, acceptance of nature as it is and others exactly as they are, being autonomous and not influenced by others and of being resourceful and independent. Self-actualised individuals marvel and have an appreciation of nature and of acts of human kindnesses. They also experience deep loving bonds and yet are comfortable in their own company.

In writing these words, images of parents and grandparents and other family and community members come to mind, their loving nature, their appreciation of the simplest things in life be it nature or any act of kindness received from others.

Of course not all of life's experiences have been rose tinted 'Little House on the Prairie' moments, yet glimpses and memories of these pave the way for a resource of self-support especially when feeling challenged or isolated from ourselves, our families or communities.

Isolation can come from our own choices to distance ourselves from others consciously as a result of our own life choices of not belonging to a tribe or as a means to create some safety from dangerous situations. It is at these times that perhaps we have the opportunity to re-parent ourselves especially when either or both parents in our lives have been absent either partially or totally.

How then can I be here for myself when I feel challenged and distant from others for whatever reason? What can I do when I start to feel the walls of life fall down around me? What then becomes my new source of security?

In learning a new way of being, it calls for a patient seeking of this new source of a resource to emerge from your own being. It can be experienced as an innocence of

a first date, as the beginnings of getting to know this supportive part as this new way of relating to yourself is established.

How then to summons this new state? Richard Schwartz speaks of connecting with 8 different states as a means to bring about the start of a new relationship with the part of you that can provide support, love and acceptance to the challenging states that you are experiencing. The 8 states he cites are ones of *Curiosity, Calm, Confidence, Compassion, Creativity, Clarity, Courage and Connectedness*. He recognises that this supportive and loving state is in all of us. He likens it to Buddha nature or our true nature as I see it, that which with we were born with, which we are and always will be.

From this place healing can take place to reintegrate and accept our challenged parts that feel abandoned, unsafe, disconnected and exiled from ourselves, our communities and families. Such is the grail of life to rediscover what we once were, have always been and will always be – our full unbounded Self.

"I will love the light for it shows me the way; Yet I will love the darkness for it shows me the stars." O G Mandino

FRANCISCO CABEZA WEST. QUALIFIED HEALING THE SHADOW PRACTITIONER
M: 07894 401 733 • E: CONTACT@DISCOVERYOURSHADOW.COM